

FIG. 1

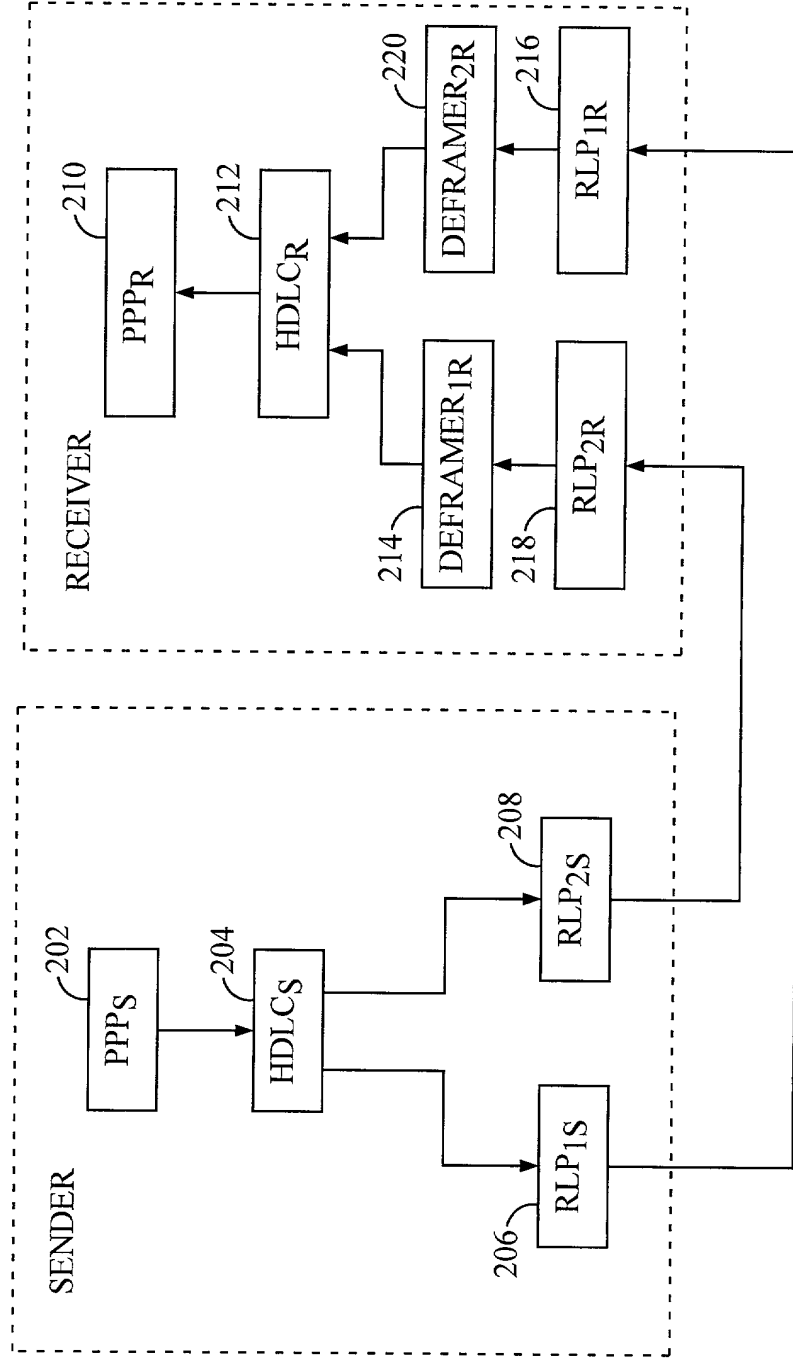


FIG. 2

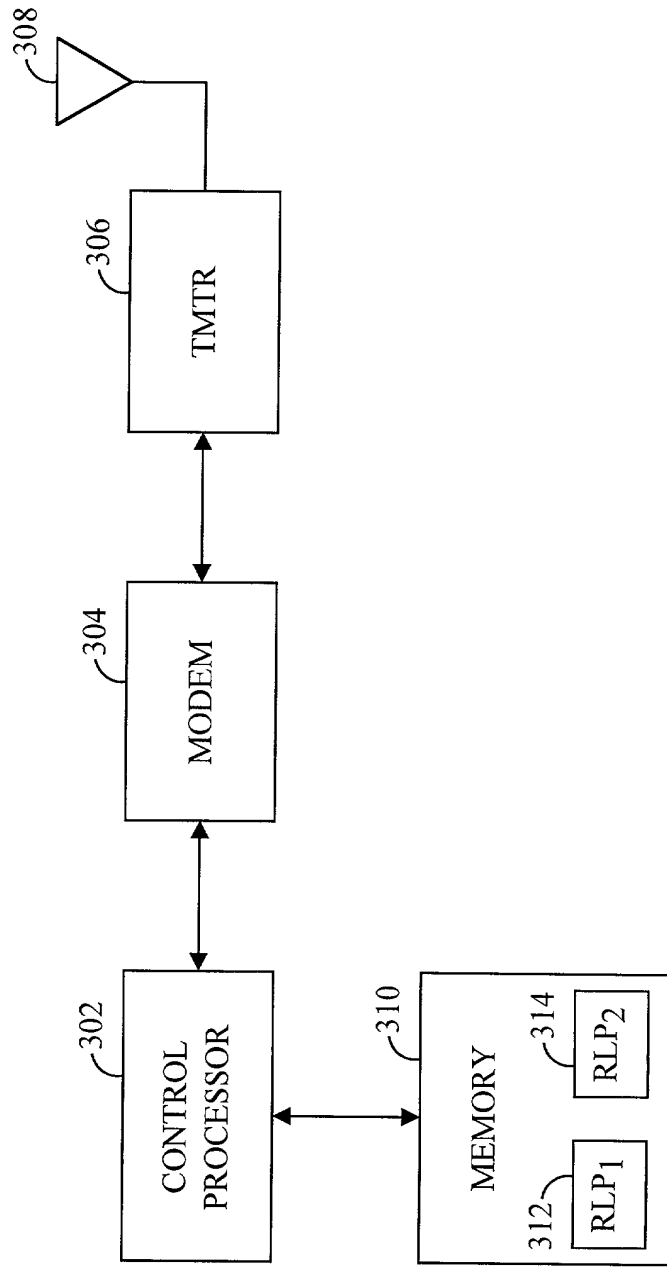


FIG. 3

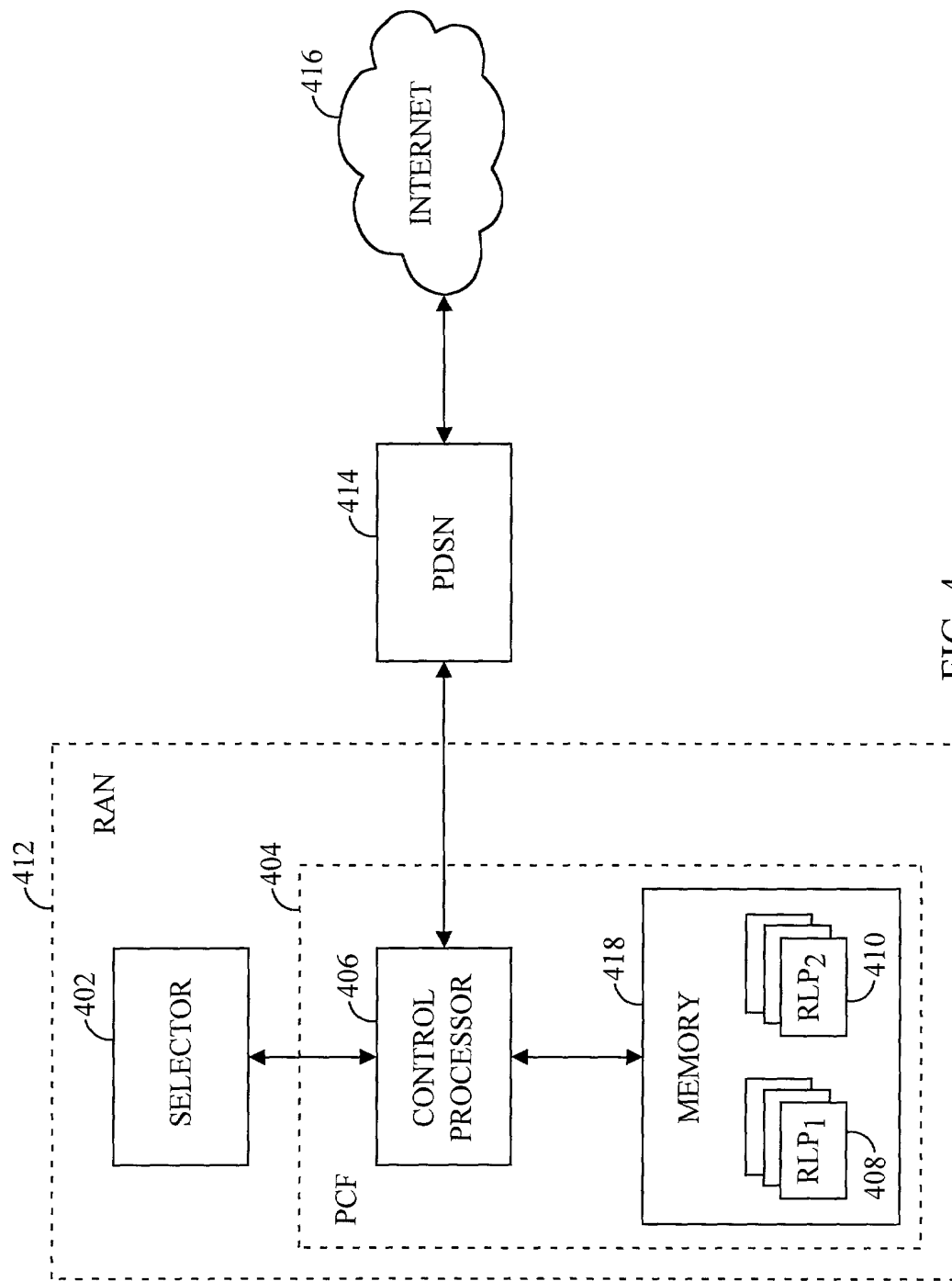


FIG. 4

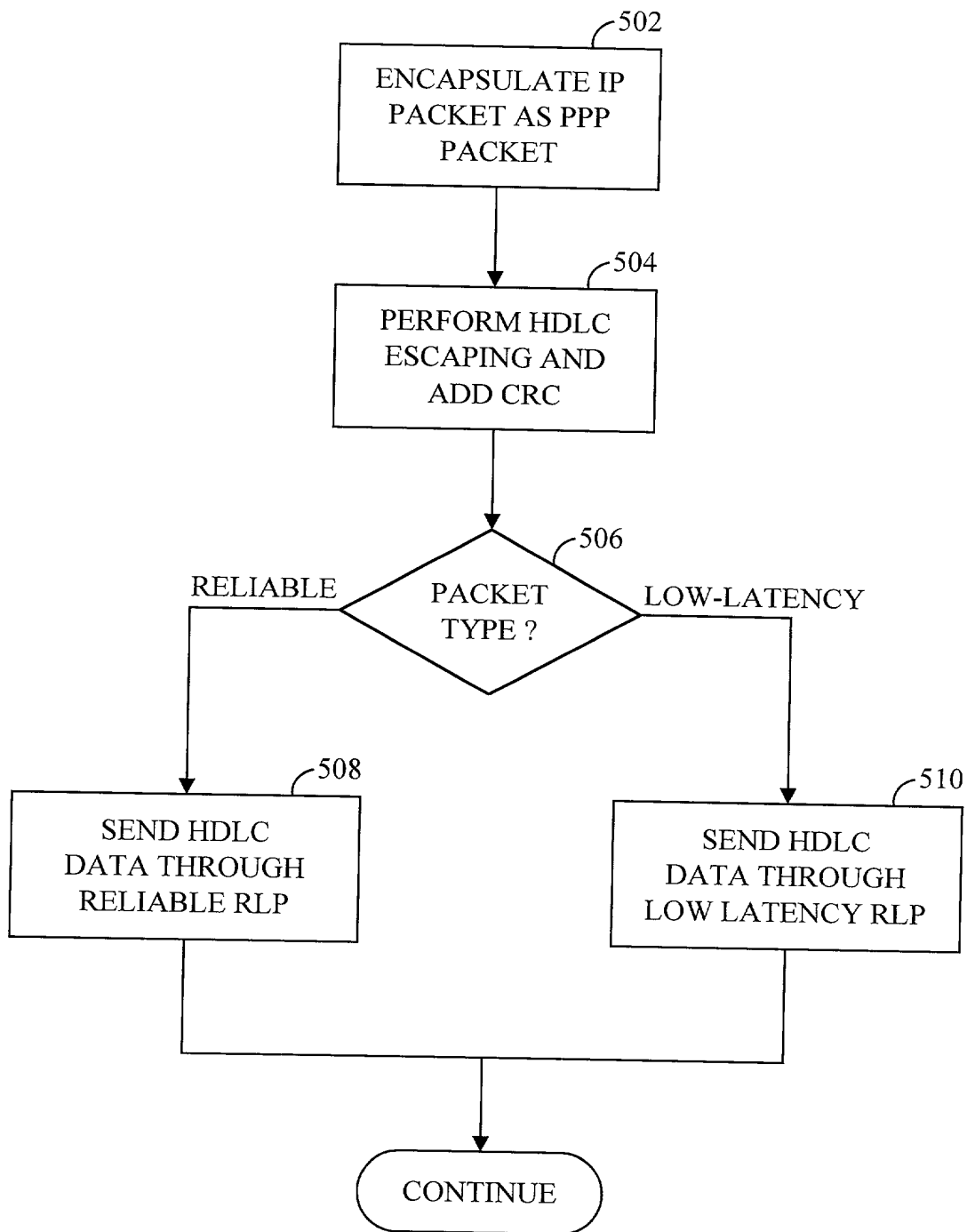


FIG. 5

Abstract The purpose of this study was to determine whether the use of a computerized program could improve the accuracy of the measurement of the maximum voluntary contraction (MVC) force of the biceps brachii muscle. Ten subjects performed three MVC trials of the biceps brachii muscle under two conditions: without and with the aid of a computerized program. The computerized program provided real-time feedback of the force exerted by the subject during the MVC trial. The results showed that the use of the computerized program significantly improved the accuracy of the MVC force measurement compared to the traditional method. The mean MVC force measured with the computerized program was significantly higher than the mean MVC force measured without the computerized program. The standard deviation of the MVC force measurements was also significantly lower when the computerized program was used. These findings suggest that the use of a computerized program can improve the reliability and validity of the MVC force measurement.

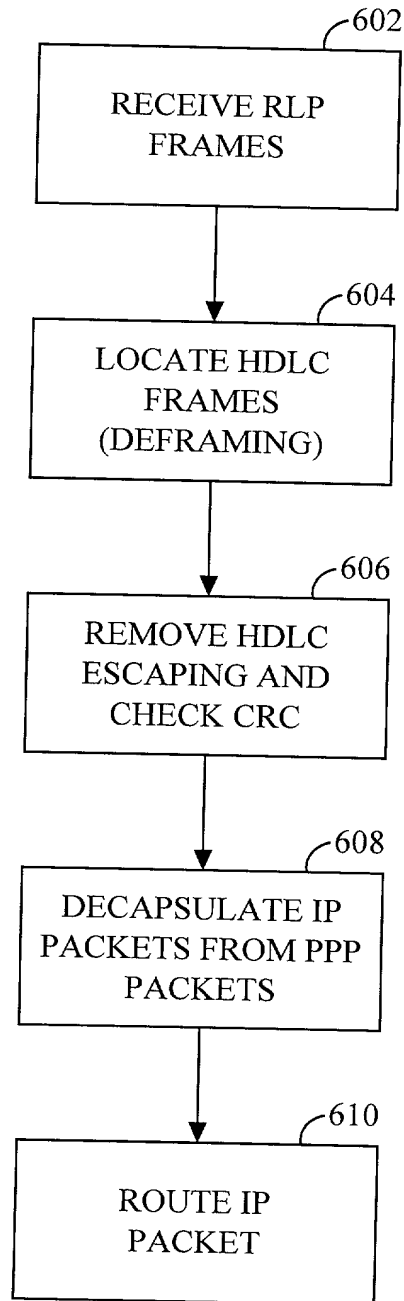


FIG. 6